Food Choices Script

(Boy) Look. Your parent’s gotta do a lot more than just stick around for awhile. They have to be on their game, 24-7.that That ain’t easy for their bodies and brains with some of the food choices they make.

So here’s how to keep your parents healthy and your family happy.

Take em’ shopping and let them explore new things in the produce sections. It empowers them with a sense of ownership in what they eat.

Hey, nice combo Mom.

Then let them prepare the meal. Even design the servings. And make it fun for them.

(Dad) Hey, what are you doing?

(Boy) He’s a work in progress.

Finally, share your dinner together as a family every night. Your parents will get into better eating habits, plus, studies show it will help their emotional stability and better work performance.

Smart food choices are a small price to pay to keep your parents healthy and your family happy.